



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09261, Pears, dried, sulfured, stewed, with added sugar

Report Date: June 30, 2017 20:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 280g
Proximates					
Water	g	61.20	--	--	171.36
Energy	kcal	140	--	--	392
Energy	kJ	586	--	--	1641
Protein	g	0.86	--	--	2.41
Total lipid (fat)	g	0.29	--	--	0.81
Ash	g	0.51	--	--	1.43
Carbohydrate, by difference	g	37.14	--	--	103.99
Fiber, total dietary	g	5.8	--	--	16.2
Minerals					
Calcium, Ca	mg	15	--	--	42
Iron, Fe	mg	0.97	--	--	2.72
Magnesium, Mg	mg	15	--	--	42
Phosphorus, P	mg	27	--	--	76
Potassium, K	mg	245	--	--	686
Sodium, Na	mg	3	--	--	8
Zinc, Zn	mg	0.18	--	--	0.50
Copper, Cu	mg	0.171	--	--	0.479
Manganese, Mn	mg	0.151	--	--	0.423
Selenium, Se	µg	2.4	--	--	6.7
Vitamins					
Vitamin C, total ascorbic acid	mg	3.8	--	--	10.6
Thiamin	mg	0.004	--	--	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 280g
Riboflavin	mg	0.019	--	--	0.053
Niacin	mg	0.333	--	--	0.932
Pantothenic acid	mg	0.070	--	--	0.196
Vitamin B-6	mg	0.033	--	--	0.092
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	6
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	40	--	--	112
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.016	--	--	0.045
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.012	--	--	0.034
18:0	g	0.002	--	--	0.006
Fatty acids, total monounsaturated	g	0.061	--	--	0.171
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.059	--	--	0.165
20:1	g	0.001	--	--	0.003
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.068	--	--	0.190
18:2 undifferentiated	g	0.067	--	--	0.188
18:3 undifferentiated	g	0.001	--	--	0.003
18:4	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 280g
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Threonine	g	0.022	--	--	0.062
Isoleucine	g	0.025	--	--	0.070
Leucine	g	0.043	--	--	0.120
Lysine	g	0.030	--	--	0.084
Methionine	g	0.010	--	--	0.028
Cystine	g	0.008	--	--	0.022
Phenylalanine	g	0.023	--	--	0.064
Tyrosine	g	0.007	--	--	0.020
Valine	g	0.030	--	--	0.084
Arginine	g	0.015	--	--	0.042
Histidine	g	0.009	--	--	0.025
Alanine	g	0.029	--	--	0.081
Aspartic acid	g	0.169	--	--	0.473
Glutamic acid	g	0.062	--	--	0.174
Glycine	g	0.025	--	--	0.070
Proline	g	0.023	--	--	0.064
Serine	g	0.031	--	--	0.087
Other					
Alcohol, ethyl	g	0.0	--	--	0.0